

Norwood Recreation Department

Fall & Winter 2014-2015

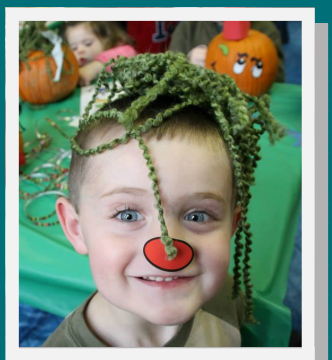
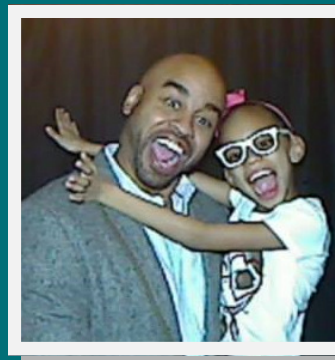
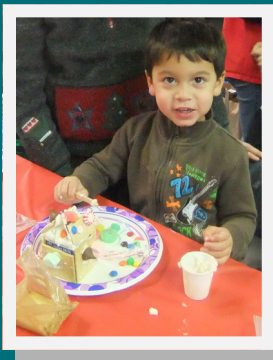
*Fall Session: September 8th-November 25th
Fall Registration starts Monday, August 18th

NEW! Winter I Mini Session
December 1st-December 23rd

*Winter II Session: January 5th-March 14th
Winter II Registration Starts Monday, December 1st

School of Dance is a progressive class and will run consecutive weeks. See schedule in guide.

*Includes Make-Up Classes & holidays, if necessary



Norwood Civic Center

165 Nahatan Street
Norwood, MA 02062
Phone: 781.762.0466 Fax: 781.769.6254
www.norwoodma.gov



Letter from the Staff:

The Norwood Recreation Department is pleased to present the Fall/Winter 2014-15 Program Guide and Community Calendar.

The programs offered are designed to include people of all ages and abilities. The next Program Guide for Spring/Summer 2015 will be published and distributed in February.

Please let us know if you are interested in a class that is not offered, as we are always striving to introduce new classes and programs.

If you have a talent you would like to share, please request an instructor proposal form along with an application for employment.

Thank you for participating in programs at the Norwood Recreation Department.

When Can I Register?

Registration is on a first-come, first-served basis and can be done online at www.norwoodma.gov or in person. Registrations begin:

Fall Session & Winter I Mini Session: August 19th

Winter II Session: December 1st

Specific forms and deadlines can be found online with information for that individual program.

Non-residents may join designated classes at the Norwood Recreation Department. Non-residents may register at an additional fee one week prior to class for only classes that state non-resident rates.

Will I be sent a confirmation?

We do not send or call to confirm registrations. Consider your registration accepted and report to your class unless the Department notifies you of a cancellation.

What happens if a class fills?

Should programs become filled, you can be placed on a waiting list. We will try to offer additional spots whenever possible. People will be contacted as soon as a spot opens.

What happens if an individual class is cancelled?

Every attempt will be made to reschedule a class that has been cancelled for inclement weather, instructor absence or holiday. We are not responsible for making up classes that are missed due to the participant's inability to attend.

Can I drop out of a class and request a refund?

You may request a full refund if a program is cancelled, or you withdraw from a class **one week prior** to the start of the program.

If you request to withdraw from a class after that, you are **not** eligible for a refund UNLESS your spot can be filled by someone on the waitlist prior to the start of the class.

Refunds will be processed immediately upon request and will take 3-4 weeks to get a check mailed from the town.

Do I need to sign a photo release?

The Department reserves the right to photograph/film program participants for publicity purposes. Smile! You just may be on the cover of the Program Guide.

How do I reserve an athletic field?

All groups requesting to use an athletic field must complete a Field Permit Request Form. Any questions regarding field usage and availability, please contact Howard Weinstein at 781.762.0466 or email hweinstein@norwoodma.gov.

What happens if my check is returned?

There is a \$25 penalty fee payable to the Town of Norwood for returned checks.

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Norwood Recreation Contact Information**Office Location and Mailing Address:**

165 Nahatan Street Norwood, MA 02062

Office Information

Phone: 781.762.0466

Fax: 781.769.6254

Website: www.norwoodma.gov

Office Hours:**September 9th–mid-May:**

Monday Through Friday: 6:00am-9:45pm

Saturday (starts 10/18 to mid-May): 8:00am-4:45pm

Mid-May through Mid-September:

Monday Through Friday 6:00am-6:45pm

Saturday Closed

Facebook:

"Like" the Norwood Recreation Department on Facebook for updated information.

Recreation Department Staff

Gerald Miller	Superintendent of Recreation gmillers@norwoodma.gov
Linda Berger	Recreation Program Director lberger@norwoodma.gov
Howard Weinstein	Recreation Administrator hweinstein@norwoodma.gov
Lee Kennedy	Administrative Assistant lkennedy@norwoodma.gov
Mike Halpin	Maintenance/Craftsman mhalpin@norwoodma.gov
Mark Brown	Senior Custodian

Town Elections

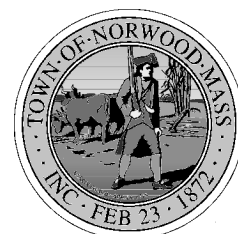
The gym will be closed 1:00pm the day before each scheduled election to allow for set up. If elections fall on a Monday, the gymnasium will close the Friday prior at 1:00pm. Elections for this year are scheduled on Tuesday, September 9th and Tuesday, November 4th.

Recreation Program Closures

September 1st	Labor Day
October 13th	Columbus Day
November 11th	Veteran's Day
November 27th	Thanksgiving
December 24th	Civic open 6am-4pm
December 25th	Christmas Day, Civic Closed
December 31st	Civic open 6am-4pm
January 1st	New Years Day, Civic Closed
January 19th	Martin Luther King Day
February 16th	President's Day

Norwood Recreation Department is a proud member of:

National Recreation & Park Association
Massachusetts Recreation & Park Association
American Park & Recreation Association
Metro West Regional Group



Membership Rates

Norwood Residents Only

Proper photo ID and proof of residency is required at time of purchase.

	Adult	Family
1 Month	\$15.00	
3 Months	\$40.00	
6 Months	\$75.00	
1 Year	\$145.00	\$200.00
1 Mo MbrshipFit Combo	\$35.00	
3 Mo Mbrship FitCombo	\$80.00	
6 Mo Mbrship FitCombo	\$135.00	
1 Year Mbrship FitCombo	\$240.00	

Family membership is defined as two adults over the age of 21 plus children who live in the household, under the age of 21.

Each individual will be issued a KEY FOB once you purchase a membership. Each time you enter the facility, you must swipe your card under the bar code reader at the front office. Lost cards result in a \$5 replacement fee.

Daily Charge

If you wish to use the facility, fitness area or basketball courts, you must pay a daily fee if you don't have a membership. **Day pass key FOBs will be issued with proper photo ID and proof of residency. If you've been issued a FOB and cannot locate it, a replacement card will be issued for \$5.**

	<u>Norwood</u>	<u>Westwood</u>
Seniors (ages 62+):	Free	\$1.00
Adults:	\$5.00	\$6.00
College	\$1.00	\$2.00

(Must have valid FT college ID)

Dress Code

Must be at least 16 years of age, unless supervised by parent/guardian, and be dressed in proper fitness attire. No street clothes are permitted in the facility.

Participant's Code of Conduct

Equal Access: No participant shall, on the basis of race, creed, national origin, or disability be denied access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage or opportunity.

Behavior: Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make Recreation Department programs safe and enjoyable for all participants. Additional rules may be developed for particular programs as deemed necessary by staff.

Participants Shall:

Show respect to all participants, volunteers and staff.
Refrain from foul language.

Refrain from causing bodily harm to other participants, volunteers and/or staff.

Show respect for all equipment, supplies and facilities.

Discipline: A positive approach will be used when determining disciplinary action. The Norwood Recreation Department reserves the right to dismiss a participant. Each situation will be evaluated on its own merit.

3,000 SQ. FT. CO-ED FITNESS AREA

30 free weight stations
High/low lat machine Decline/Incline Bench
Preacher curls Dip bars
Roman chair Squat rack
Exercise balls Medicine balls
Smith machine Multiple flat benches
Standing leg curl Glute master
Leg press Bench Leg sleds
Olympic plates =3,000 lbs
50 Dumbbell sets 3 lbs-120 lbs

Cardio Equipment Includes:

2 Rowers	2 Steppers
2 Recumbent bikes	7 Treadmills
4 Cross trainers	2 Upright bikes
13 Fitness Stations	4 Elliptical Machines

GROUND FLOOR

Welcome to the Norwood Civic Center, home of the Norwood Recreation Department. We are a full service Community Center, with much to offer. Our main office is located on the ground floor of 165 Nahatan Street. Here, you can enroll in a program, rent a meeting room, obtain field permits, purchase pool passes and gym memberships, and more. The ground floor also houses offices, meeting rooms, men's/women's locker rooms with sauna and showers, our workout facility, and multipurpose exercise room.

FIRST FLOOR

Our main attraction here is the gymnasium that houses many programs. In our gym, we offer activities such as basketball, floor hockey, fitness classes, gymnastics, special programs, and so much more. The first floor also has meeting rooms with a capacity of 45 people, a fully- equipped kitchen, and a full service arts and crafts room. Many of our programs and community meetings happen here.

SECOND FLOOR

The second floor is the home of the School of Dance, with a studio and parents' room. It also serves as a space for Zumba. Also located on this level is the dedicated Lydon Suite in honor of Anne and Dr. Roy Lydon, where many programs and groups meet.



OPEN GYM

Stop by and shoot some hoops. Schedule varies with programs and building hours. Please pick up a basketball gym schedule at the Civic. Youth under age 12 need to be accompanied by adult. Entrance fee is \$0.50 per youth.

You must bring a valid Norwood School ID so we can issue a youth day pass key fob, which you will then need to bring each time you come to the Civic. Key fob is free, but if you lose it, it will cost \$5 to get a new one!

Must bring fob or you won't be let in to use the facility.

Learn about upcoming classes, special events, cancellations and more. **"LIKE"** the Norwood Recreation Department on Facebook and receive current information about what is going on.

facebook



Have a talent? We are always trying to improve our offerings. The Recreation Department is looking for instructors to share their talents. Come to the Civic and complete an employment application and course proposal. Who knows? Your class may be featured in the next Program Guide!

NORWOOD DAY FIREWORKS!

Friday, September 12th



Radio Disney will be joining us to provide games, prizes and more.

Entertainment sponsored by: **Dedham Savings**
Your Bank.

Coakley Middle School
Festivities begin at 6:30pm.

Fireworks Sponsored by:



The spirit of Norwood is the volunteerism and activities that enhance the quality of life for its residents.
Norwood Day is an opportunity to celebrate these ideas and values.

SATURDAY, SEPTEMBER 13th

NORWOOD DAY!

DOWNTOWN FESTIVAL & CELEBRATION, 9:30am-3:00pm

Enjoy: Live local entertainment, games, prizes, crafters, food, sidewalk sales, business groups and town department displays!

NORWOOD DAY BUTTONS \$3.00 in advance or

PURCHASE THE BUTTON ON SEPTEMBER 13TH: \$5.00

Buttons are available for purchase from any committee member or at the Civic Center. This will help support activities and allow free food tasting, kiddie rides, trolleys, rock climbing, big daddy racing, Games2U van & more!

Sponsored by Norwood Bank, Comcast, Chestnut Hill Realty, Lustra Cleaners, Dedham Savings, Ellis Nursing Home, Central Jeep, Republic Pipe, Gillooly Funeral Home, and Santander Bank.



Hello Baby

Do you or a friend want to announce a new special edition to your family? The Norwood Recreation Department has a special stork to display in your front yard. Comes in blue or pink.

Fee: \$10, once you return the stork within three days get \$5 back.

Moms & Tots

The Norwood Moms/Tots Cooperative is a playgroup for children ages 1-5, as well as an informal support group for parents. The group meets for an hour and a half at the Norwood Civic Center from September through June on weekday mornings. Members choose which day during the week they want to attend. The cost is \$75 per year. If you would like more information, please contact Katie Neal-Rizzo at momsandtots.norwood@gmail.com.

Getting Paid to Talk

OD100

Ages: 18+

Willett Room

Have you ever been told you have a great voice? This class will explore all aspects of voice-over work for television, film, radio, audio books, documentaries and the internet in your area. The basics will be covered, including how to prepare a demo, be successful and earn a great income. Class participants will have a chance to record a commercial script under the direction of our producer. Registration closes one week prior to the start of class. Instructed by Voice Coaches.

Tuesday, September 16th

6:30-9:00pm

Fee: Res: \$35.00/person NR: \$45.00/person

Min/Max: 8/20



CPR

OD64

Ages: 12+

Lydon Room

Learn the life saving skills of CPR and the Heimlich Maneuver to treat adults, children, or infants suffering from sudden cardiac arrest, heart attack, stroke, choking, or other serious illness or injury.

Wednesday, October 15th

6:00-9:30pm

Fee: Res: \$45.00/person NR: \$55.00/person

Min/Max: 5/12

First Aid

OD65

Ages: 12+

Lydon Room

The goal of this course is to emphasize the importance of accident prevention, the need for first aid training, and appropriate first aid skills to utilize in case of an emergency.

Wednesday, October 22nd

6:00-9:30pm

Fee: Res: \$45.00/person NR: \$55.00/person

Min/Max: 5/12



B.L.A.S.T.

(Babysitter Lessons and Safety Training)

Ages 11-13

Lydon Room

An American Academy of Pediatrics course that covers how to handle the basics of infant and childcare, how to react responsibly to medical emergencies and injuries, perform first aid for common childhood injuries and illnesses, and set up and run your own babysitting business. Please bring a snack and a drink. Instructed by Juanita Allen.

Wednesday, October 22nd BL62 or

Tuesday, February 10th BL64

1:00-4:00pm

Fee: Res: \$48.00/person NR: \$58.00/person

Min/Max: 8/20

Halloween Pumpkinfest

HS28

Ages: All

Willett Room

Decorate your pumpkin with hair, feathers, hats, glitter glue and more. All materials provided and staff available to give a hand. Fun for all ages.

Thursday, October 23rd

3:30-5:00pm

Fee: Res: \$5.00/person NR: \$10.00/person

**Halloween Costume Swap****Ages: Infant– 8 years**

Room 12

Have yourself a *GREEN* Halloween and bring your gently worn Halloween Costume to the Norwood Recreation Department on or before October 22nd. Come back to the Willett Room on October 23rd and see if you can find a new costume for your child this Halloween season. All unclaimed, remaining costumes get donated to Boston Children's Hospital.

Thursday, October 23rd

3:30-5:00pm FREE!

Halloween Spooktacular

HS23

Ages: 3-8

Civic Gym

Join us for games, dancing, crafts, refreshments, and more at the Halloween Spooktacular. We will have a costume parade, so dress up and join us for a fun-filled family day!

Friday, October 24th

6:00-7:30pm

Fee: Res: \$5.00/person NR: \$10.00/person

3rd Annual Halloween Trunk or Treat

Decorate your cars, bring candy to hand out, and park in the Municipal Lot for Norwood's Trunk or Treat. Spots are limited, so register your vehicle by October 19th. Children in the community are welcome to go vehicle to vehicle in their costumes to TRUNK OR TREAT! Can't participate? Donations of wrapped candy are welcome for this event.

Vehicles are welcome to enter the lot from 3:00-4:00pm to set up.

Saturday, October 25th

4:00-5:00pm FREE!

**LEGO Star Wars Playland**

EF10

Ages: 5-9

Willett Room

This three hour program will be centered around everything Star Wars LEGO. Join the team from EVENT-FULL and use your imagination to build Star Wars creations. Maybe you will build a Star Wars Space Craft, a Droid Factory, a Jedi Training Arena, etc. The possibilities are endless. The LEGOS stay with us, but the experience is yours forever. As a keepsake, each participant will take home a framed picture of themselves with their creation. Please send your child with a peanut-free snack and drink.

Saturday, October 25th

9:00am-12:00pm

Fee: Res: \$45.00/person NR: \$55.00/person

Min/Max: 8/15

American Girl Doll Create & Play**Theme: Sleepover Party**

EF20

Ages: 5-9

Willett Room

Join Beth and Diane, the team from Event-Full! and bring your special friend (doesn't have to be AGD) to this workshop for several hours you will both enjoy! Each participant will make and take home a sleeping bag, pillow and more! These one-of-a kind items will lead to hours of continued play and enjoyment. Please send your child with a peanut-free snack and drink.

Saturday, October 25th

1:00pm-4:00pm

Fee: Res: \$50.00/person NR: \$60.00/person

Min/Max: 8/15



Laser Tag Night

Grades: 5-7

Combination of tag and hide & seek with a little Star Trek thrown in for good measure. Players compete in teams to find and tag their opponents using high-tech lasers. Obstacles on the battlefield create opportunities to hide and ambush opponents. With a little bit of strategy, some quick wits, (and even quicker reflexes), your team will emerge victorious. It's a blast for teens! This program is extremely popular so **ADVANCED** registration is required.

Friday, September 26th

NEW! OUTSIDE at Coakley

7:30-9:30pm **LTo5**

Friday, December 12th

7:00-9:00pm **LTo7**

Friday, January 223rd

7:00-9:00pm **LTo9**

Friday, February 27th

7:00-9:00pm **LT11**

Fee: Res: \$14.00/person NR: \$24.00/person

Min/Max: 24/40

Middle School Dances

Dance the night away with friends to the latest music! Soft drinks available for purchase through Norwood High School S.A.D.D. **NORWOOD ID must be presented at door to enter!**

Friday, November 7th

Friday, February 6th

7:00-9:30pm

Fee: **\$5.00 per person**, one time admittance only

Parents' Night Out

Parents can go out for an evening while Playcamp and Civic staff watch the kids. Participation in large group games, crafts, BINGO and more. Additional paperwork is required prior to attending program. Register quickly, as space is limited to the first 40 children who register. Pizza dinner and juice provided.

Children must be in grades 1-5 to participate.

Friday, November 14th PNo1

6:00-9:00pm

Friday, December 5th PNo2

6:00-9:00pm Holiday Movie Night

Friday, January 9th PNo3

6:00-9:00pm

Fee: \$10.00/child per night

Min/Max: 20/40

Pirate Party

Ages: 3-8

Walk the Plank ! Enjoy crafts, a Treasure Hunt and some pirate snacks.

Saturday, November 8th

10:00am-11:30am

Fee: Res: \$15.00/adult & child

NR: \$25.00/adult & child



OD78

Willett Room

Fall Session:

September 8th-November 19th

Fall & Winter I Mini Session Registration starts

Monday, August 18th

NEW! Winter I Mini Session:

December 1st-December 23rd

Winter II Session:

January 5th-March 10th

Winter II Registration Starts Monday, December 1st

School of Dance is a progressive class and will run 30 consecutive weeks

HOLIDAY EXTRAVAGANZA

Hay Rides ~ Entertainment ~ Arts & Crafts ~
Parade~ Tree Lighting on the Common & Walter J.
Dempsey Memorial Bandstand
(Veterans of Foreign Wars Square)

1:30pm-3:30pm

Face Painting ~ Holiday Crafts ~ by the Norwood High
School Spirit Club & Civic Staff at Norwood Recreation
Department. Music provided by 105.7 WROR!

2:00-4:00 PM

Horse-Drawn Hayrides
Barnyard Animals

2:00-3:00PM

Local Musical Choirs

3:00 PM

Reading of "How the Grinch Stole Christmas" with
Linda Rau

3:20 PM

Reading of "Twas the Night Before Christmas" by
Selectwoman Helen Abdallah Donohue

3:35 PM

Parade leaving Guild Square to Town Common

3:45 PM

Santa and Mrs. Claus turn on Holiday Lights at Town
Common

*Event calendar subject to change, depending on
weather.

Sunday, November 30th

1:30-4:30pm
FREE!



Candy Sushi Workshop

Ages: 5-9

OH12

Kitchen

Fun times guaranteed! Kids will manipulate rice crispy
treats, gummies, fruit roll-ups, and other candies to
make delectable sushi for post-meal enjoyment.

**Please note in the registration process if your child
has any food allergies.** Instructed by Diane Benson,
M.Ed.

Thursday, December 4th

3:30-5:00pm

Fee: Res: \$35.00/person NR: \$45.00/
person

Min/Max: 6/10



Pizza Face!

Ages: 5-9

OH14

Kitchen

Spend the afternoon making your own personalized
pizza! Using many different toppings (that each
participant will learn how to cut properly and safely).
you will make your own individual-sized pizza, create a
face to take it home to have for dinner! **Please note
in the registration process if your child has any food
allergies.** Instructed by Diane Benson, M.Ed.

Friday, December 5th

3:30-5:00pm

Fee: Res: \$35.00/person NR: \$45.00/person

Min/Max: 6/10

Gingerbread House Decorating

Ages: 3-10

OH86

Willett Room

Come to the Civic and decorate your very own
gingerbread house with all the fixings. We provide the
graham crackers, candy canes, gum drops, frosting
and more! Instructed by Jen Gregory and Marie Duffy-
Kidd.

Thursday, December 11th

3:30-5:30pm

Fee: Res: \$5.00/person NR: \$10.00/person



Cute as a Cupcake

Ages: 5-9

OH18

Kitchen

Decorate some delicious cupcakes for you, your friends, and your family! Using frosting, candies and other fun decorations, you will learn how to decorate each cupcake in a fun and creative way— no two cupcakes will be the same! Eggs will be used in this class. Please note in the registration process if your child has any food allergies. Instructed by Diane Benson, M.Ed. **Must register one week in advance.**

Friday, December 12th

3:30-5:00pm

Fee: Res: \$35.00/person NR: \$45.00/person

Min/Max: 6/10



EXTREME Science Night

Ages: 7+

SN10

Willett Room

Explore the extreme conditions that exist in nature in regards to temperatures and electricity. Use Liquid Nitrogen as a tool and explore the cold side of temperature, and participate in experiments that will demonstrate the effects of cold temperatures on ordinary objects such as a rubber ball, hot dog, flower, and many more. Learn about expansion, contraction, and gas laws, and create a cryogenic vacuum. Students will also help make instant ice cream.

The electricity section will explore the nature of electricity. Electrostatics will be discussed using a Van DeGraaff generator for a demonstration. Students will participate in experiments using static electricity.

High voltage electricity will be demonstrated using a small Tesla coil and a miniature lighting bolt will be created, as well as a plasma lamp demonstration.

Other demonstrations will be available. Must register one week in advance.

Friday, December 19th

7:00-9:00pm

Fee: Res: \$25.00/person NR: \$35.00/person

Min/Max: 10/20

Turtle Bread Baking Workshop

OH20

Ages: 5-9

Kitchen

Baking, Art, Math and Science all rolled into one class! Spend the afternoon baking some fresh home-made bread! You will learn how to make, knead and create a one-of-a-kind bread loaf from scratch that we will shape into a turtle. Eggs will be used for this class.

Please note in the registration process if your child has any food allergies. Instructed by Diane Benson, M.Ed. Must register one week in advance.

Thursday, December 18th

3:30-5:00pm

Fee: Res: \$35.00/person NR: \$45.00/person

Min/Max: 6/10



BEHN BASKETBALL CLINIC

Grades 1-5

BB10

Civic Gymnasium

This camp is a great opportunity for boys and girls of all skill levels to improve their basketball skills and gain confidence. Players will be divided by gender and age. Players will learn shooting technique, ball handling, passing, rebounding, boxing out, offensive skills, defensive skills and team play. Skills will be re-enforced in game play. The goal is for each player to improve at basketball and to have fun. **Must register one week in advance.**

Monday, December 29th

9:00am-12:00pm

Res: \$25.00 NR: \$35.00

Min/Max: 10/30



Kids' Yoga Party**Ages: 3-10 years**

Wild Animals is the theme for this yoga party, complete with poses, breathing, relaxing, games, crafts and snacks. Instructed by Jen Gregory.

Saturday, January 10th

10:00-11:30am

Fee: Res: \$20.00/person NR: \$30.00/person

Min/Max: 6/15



OD70

Lydon Room

Lego Learning Party**Ages: 3-10**

Learn simple math concepts while building bridges, vehicles, tunnels, gardens, and more. Instructed by Jen Gregory.

Saturday, February 7th

10:00am-11:30am

Fee: Res: \$15.00/adult & child NR: \$25.00/adult & child

Min/Max: 6/20

OD35

Lydon Room

LEGO Movie Playland**Ages: 5-9**

Bring the LEGO movie to life! Join the team from Event-FULL! and create your very own scene from the movie! Build the double decker couch, construction site, police station, school, and MORE!! You will have the opportunity to meet and use Emmet, Wyldstyle, Scribble Face Cop and MORE! The LEGOs stay with us, but the memories will last a lifetime. As a keepsake, each participant will take home a framed picture of themselves with their creation. Please provide a peanut free snack and drink.

Saturday, January 24th

9:00am-12:00pm

Fee: Res: \$45.00/person NR: \$55.00/person

Min/Max: 8/15

EF30

Willett Room

5th Annual Father-Daughter Dance**Ages: All**

Dance the night away at the Civic Center. Calling all dads, uncles, grandpas and more... bring your special one for a magical evening. This semi-formal event will be a great time for all to enjoy. Pictures will be captured in our photo booth! Tickets for your scrap book can be picked up starting on January 11th.

Friday, February 13th

6:30-8:00pm

Fee: \$15.00/ couple (1 adult, 1 child)

\$5.00 each additional person **FD13**

FD12

Civic Gym

American Girl Doll Create & Play**Theme: Pop Star****Ages: 5-9**

Join Beth and Diane, the team from Event-Full! and bring your special friend (doesn't have to be AGD) to this workshop for several hours you will both enjoy! Each participant will create a concert stage, guitar and more! Please send your child with a peanut-free snack and drink.

Saturday, January 24th

1:00pm-4:00pm

Fee: Res: \$50.00/person NR: \$60.00/person

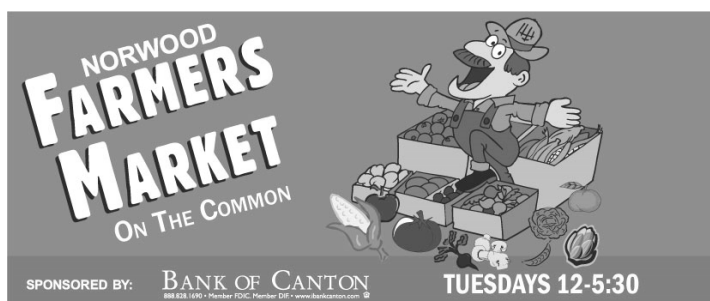
Min/Max: 8/15

EF40

Willett Room

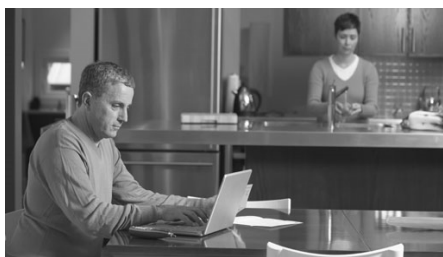
Norwood Farmers Market:

Tuesday 12:00-5:30pm June 10th to October 7th



Online learning
anytime, anywhere....

Just one click away



Ed2Go offers hundreds of engaging online courses for adults covering everything from A-Z Grant writing to Web Design. Each Ed2Go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to use.

For more information, check out courses and learn more by visiting www.ed2go.com/norwood.

Choose from classes in [Accounting and Finance](#), Business, [Computer Applications](#), Design and Composition, [Health and Medical](#), Language and Arts, [Law and Legal](#), Personal Development, [Teaching and Education](#), Technology, [Writing and Publishing](#). Classes start at \$95.



EXTREME GROSS CANDY WORKSHOP XC10

Ages: 7-10

Kitchen/Art

Make candy bugs, brains and more... all out of candy! This hands-on workshop will be a blast! Must register one week in advance to ensure adequate materials are on hand. Instructed by Mary Taggart.

Tuesday, February 17th

10:00am-12:00pm

Fee: \$15 per person

Min/Max: 6/12



F.A.S.T. Athletic Vacation Sports Clinic FA01

Ages: 6-10

Civic Gym

Enroll in half-day sports' programs led by F.A.S.T. Athletics Sports staff. Learn fundamentals of sports while having fun with friends.

** Please note, no refunds will be given after February 10th, as a final roster is due to F.A.S.T. Athletics at that time.*

February 17th-19th

9:00am-12:00pm

Fee: Res: \$75.00/child NR: \$95.00/child

Min/Max: 10/30



FLEECE BLANKET WORKSHOP

Ages 7-10

FB20

Art Room

Create your very own fleece blanket from start to finish. All materials will be provided. Must register one week in advance to ensure adequate materials are on hand. Instructed by Mary Taggart.

Wednesday, February 18th

10:00am-12:00pm

Fee: \$20 per person

Min/Max: 6/12

Toe Jam Puppet Band

Ages: All

OD45

Civic Gym

Toe Jam delivers super fabulous kids' music that grown-ups can enjoy too! Big kids, Tom and Vinny, bring smiles with their unique combination of interactive games and songs. Great one-time hit for all ages! Program will be held at Civic Gym.

Friday, February 20th

11:00am-12:00pm

Fee: \$5 per person



Tot Fitness

Ages: 18 months-5 years

Lydon Room

Learn basic coordination skills, tumbling steps, stretch and strength of body through parachute activities and playground games to get your little one moving.

Instructed by Jen Gregory.

Monday, 9:00-9:45am

Ages 18 mo-2 years **TW07**

Monday, 9:45-10:30am

2 year olds **TW08**

Monday, 10:30-11:15am

3 year olds **TW09**

Monday, 11:15-12:00pm

4 & 5 year olds **TW10**

Fall Session: 9/8-11/17, 10 weeks (No class 10/13)

Fall Fee: Res: \$80.00 NR: \$90.00

Winter I Mini Session: 12/1-12/22, 4 weeks

Winter I Mini Fee: Res: \$32.00 NR: \$42.00

Winter II Session: 1/5-3/9, 8 weeks (No class 1/19, 2/16)

Winter II Fee: Res: \$64.00 NR: \$74.00

Min/Max: 6/12



Leaf Peepers

Ages: 3-5 years

Art Room

Welcome fall with leaf rubbing, apple stamping, Halloween party and more; plus stories and crafts to celebrate the season. Class is ten weeks. Instructed by Jen Gregory on Tuesday and Marie Duffy-Kidd on Wednesday.

Offered Fall Session Only

Tuesday, 9:00-9:45am

Dates: 9/9-11/18, 10 weeks (No class 11/11) **TW11**

Wednesday, 10:00-10:45am TW12

Dates: 9/10-11/12, 10 weeks

Res: \$70.00 NR: \$90.00

Min/Max: 6/12



December Crafts

Ages: 2.5-5 years

TW21

Art Room

Snowmen, ornaments, cookie decorating and more!

Instructed by Jen Gregory.

Tuesday, 9:30-10:15am

Winter I Mini Session: 12/2-12/23, 4 weeks

Res: \$32.00 NR: \$42.00

Min/Max: 6/12



Animal Art

Ages: 3-5 years

TW23

Art Room

It is a jungle out there. Make animal masks, puppets and more! Instructed by Jen Gregory.

Tuesday, 10:00-10:45am

Fall Session: 9/9-11/18, 10 weeks (No class 11/11)

Res: \$70.00 NR: \$90.00

Winter II Session: 1/6-3/3, 8 weeks (No class 2/17)

Res: \$56.00 NR: \$66.00

Min/Max: 6/12



Winter Wanderers

Ages: 3-5 years

Art Room

Celebrate winter with snowflake crafts, Valentine's day, a visit to the Fire Station and more; plus crafts and stories to celebrate the season. Instructed by Jen Gregory on Tuesday and Marie Duffy-Kidd on Wednesday.

Tuesday, 9:00-9:45am

Winter II Session: 1/6-3/3, 8 weeks **TW11**

(No class 2/17)

Wednesday, 10:00-10:45am TW12

Winter II Session: 1/7-3/4, 8 weeks

(No class 2/18)

Res: \$56.00 NR: \$66.00

Min/Max: 6/12



Icky, Sticky, Goopy, Art

Ages: 2-4 years

TW25

Art Room

Get ready to get messy! This class is overflowing with messy shaving cream prints, popsicle painting, homemade chalk, pudding finger paints, pretzel dough sculptures, neon slime, erupt a volcano, create a rainbow and all kinds of messy fun! Instructed by Marie Duffy-Kidd.

Wednesday, 9:00-9:45am

Fall Session: 9/10-11/12, 10 weeks

Res: \$70.00 NR: \$80.00

Winter II Session: 1/5-3/4, 8 weeks

(No class 2/18)

Res: \$64.00 NR: \$74.00

Min/Max: 6/12

Tot Karate

Ages: 3-4 years

KT6o

Willett Room

This popular program is now available for the younger ones, too! Great introduction to developing confidence and coordination while learning self-defense skills from a fifth-degree black-belt. Class is ten weeks. Instructed by Learning Center for Martial Arts.

Wednesday, 3:30-4:00pm

Fall Session: 9/10-11/12, 10 weeks

Res: \$75.00 NR: \$85.00

Winter II Session: 1/7-3/4, 8 weeks

(No class 2/18)

Res: \$60.00 NR: \$70.00

Min/Max: 6/10



Have a program idea? Share your talent with the Norwood Recreation Department. Next issue your class idea could be featured!

F.A.S.T. Athletics PK Mini-sport

Ages: 3-5 years

Gymnasium

This program is more of a combination of warm up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work. Each class, F.A.S.T. Athletics will have new and exciting games planned for the students.

Wednesday, 4:45-5:45pm

Fall I Session: 9/10-10/8, 5 weeks **FA10**

Fall II Session: 10/15-11/12, 5 weeks **FA11**

Friday, 3:30-4:30pm

Winter II Session: 1/9-2/6, 5 weeks

Res: \$65.00 NR: \$75.00

Min/Max: 10/20



Rockin' Tots

Ages: 0-4 years

TW18

Willett Room

Little ones get to explore rhythm, tonal patterns, and harmony in a variety of musical styles. This class is similar to Tot Music but strives to provide a variety of material to entertain siblings, babies and everyone in tow. Instructed by Joe Hart.

Thursday, 9:15-10:00am

Fall Session: 9/11-11/13, 10 weeks

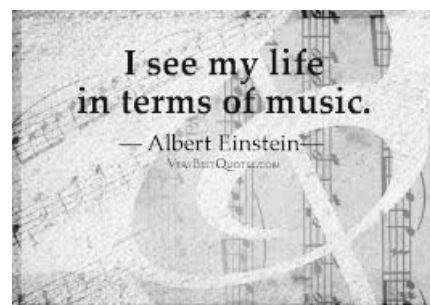
Res: \$80.00 NR: \$90.00

Winter II Session: 1/8-3/5, 8 weeks

(No class 2/19)

Res \$64.00 NR: \$74.00

Min/Max: 7/15



Tot Music

TW20

Ages: 15 month-3 years
Willett Room

Toddlers learn basic music skills through a variety of age-appropriate songs and exploration of musical instruments, jumping, singing and parachute games. Instructed by Joe Hart.

Thursday, 10:15-11:00am

Fall Session: 9/11-11/13, 10 weeks

Res: \$80.00 NR: \$90.00

Winter II Session: 1/8-3/5, 8 weeks

(No class 2/19)

Res: \$64.00 NR: \$74.00

Min/Max: 7/15



Introduction to Robotics

RB10

Ages 10+
Art Room

Students will be instructed in robotic basics through a hands on program with working robots. Each participant will build and keep their own working robot. Working in a team, students will operate a set of robots that can play soccer and compete in a mini soccer tournament. Tools are supplied. Instructed by Northeast Educational Technologies.

Monday, 4:00-5:30pm

Fall Session: 10/20-11/17, 5 weeks

Winter II Session: 1/5-2/2, 5 weeks

Res: \$125.00 NR: \$135.00

Min/Max: 6/12



Preschool Prep

TW30

Ages: 2.5-3 years
Art Room

Get your child ready for preschool with this drop off class that includes fitness, crafts, snack and stories. Get your errands done. ** Parents will need to return if a diaper needs to be changed. Instructed by Jen Gregory.

Thursday, 9:15am-11:00am

Fall Session: 9/11-11/13, 10 weeks

Res: \$140.00 NR: \$150.00

Winter II Session: 1/8-3/5, 8 weeks (No class 2/19)

Res: \$112.00 NR: \$122.00

Min/Max: 6/12



Bring a Book to Life

TW28

Ages: 2.5-5 years
Art/Willett Room

Local children's author, Joe Hart, leads this fun and educational class. At the start of each class, Joe will read a book, then he will assist with a related craft/art project, based on that day's story.

Thursday, 11:15am-12:00pm

Fall Session: 9/11-11/13, 10 weeks

Res: \$70.00 NR: \$80.00

Winter II Session: 1/8-3/5, 8 weeks (No class 2/19)

Res: \$56.00 NR: \$66.00

Min/Max: 6/10

Cross Fit Kids

Ages: 5-12
Cross Fit Florian

Offering two unique programs, Pups and Pack, designed for the needs of children participating. Teaches physical skills, social skills and confidence. Children learn the foundation/movements like the squat, pushups, pull ups, climbing, jumping and elementary gymnastics movements. In the Pack program, your exercises include gymnastics, weight lifting basics, running, rowing and stretching. Through participation, your child learns to follow directions, communicate and play with others. Your child's confidence, both physically and mentally, will grow with each class.

Tuesday, 3:45-4:30pm
Pack: Ages 9-12 **CF02**
Wednesday, 3:45-4:30pm
Pups: Ages 5-8 **CF01**
Saturday, 10:30-11:15am
Mixed Ages: Ages 5-12 **CF03**

10 Class Card: \$90

(Must be used within 90 days)



Kids Cook

Grades: K-2

In this class, you will learn how to make delicious treats such as pies, cookies, cupcakes and more. You then will be able to take home your tasty treats.

Instructed by Mary Taggart.

Tuesday, 3:30-4:30pm

Fall Session: 9/16-11/18, 8 weeks (No class 11/11)

(No class on 11/4/14)

Winter II Session: 1/6-3/3, 8 weeks (No class 2/17)

Res: \$64.00 NR: \$74.00

Min/Max: 6/10

KC50

Kitchen

Home Economics

Grades: 3-5

Learn how to do all the handy things that school no longer teaches. A little sample of cooking, sewing, crocheting, how to properly set a table and more!

Instructed by Mary Taggart.

Tuesday, 4:45-5:45pm (No class 11/11)

Fall Session: 9/9-11/18, 10 weeks

Fall Fee: Res: \$80 NR: \$90

Winter II Session: 1/6-3/3, 8 weeks

(No class 2/17)

Res: \$64.00 NR: \$74.00

Min/Max: 6/10

HE10

Art Room



Project Art

Grades: 1-5

This class will have your child making terrific holiday presents. Class is two hours each day. Frames, lava lamp, no sew gift bags and cookies in a jar.

Tuesday, 3:30-5:30pm

Winter I Mini Session: 12/2-12/23, 4 weeks

Res \$80.00 NR: \$90.00

Min/Max: 6/10

PA10

Art Room



Kids Tennis Nights

Ages: 7-12

KTN6

Coakley Tennis Court

Norwood Community Tennis Association presents this program in collaboration with the Norwood Recreation Department. Kids will have fun hitting balls, while learning a game they can play for a lifetime. Game and drills will be taught by experienced players teaching the basics; stance, grip, forehand and maybe even backhand. If you have a racquet, great! If not, we will have loaners available!

Tuesday, 6:00-7:30pm

Fall Session: 9/9-10/14, 6 weeks

Res: \$42.00 NR: \$52.00

Min/Max: 6/15



Karate

Ages: 5-14 years

Willett Room

Great introduction to developing confidence and coordination while learning self-defense skills from a fifth-degree black belt. Instructed by Learning Center for Martial Arts.

Wednesday, 4:00-4:45pm, Ages 5-7 KT62

Wednesday, 4:45-5:30pm, Ages 8-14 KT65

Fall Session: 9/10-11/12, 10 weeks

Fall Fee: Res: \$75.00 NR: \$85.00

Winter II Session: 1/7-3/4, 8 weeks (No class 2/18)

Winter II Session Fee: Res: \$60.00 NR: \$70.00

Min/Max: 6/10

F.A.S.T. Athletics Basketball

Ages: 7-12 years

Civic Gymnasium

3, 2, 1... Buzz. Our basketball program will help increase student's confidence in passing, shooting, and dribbling skills, so when it is time to make the winning shot, they are ready! They will learn proper techniques of defense, rebounding and boxing out. Besides playing scrimmages, the students will also play games such as knockout, dribbling relay races, and hot hands.

Wednesday, 3:30-4:30pm

Fall I Session: 9/10-10/8, 5 weeks **FA15**

Fall II Session: 10/15-11/12, 5 weeks **FA16**

Session Fee: Res: \$65.00 NR: \$75.00

Min/Max: 10/20





Crafty Kids

Grades K-2

LW56

Art Room

Explore and use your imagination while creating fun, theme based crafts. All materials provided. Class instructed by Marie Duffy-Kidd.

Wednesday, 3:30-4:15pm

Fall I Session: 9/10-11/12, 10 weeks

Fall Fee: Res: \$70.00 NR: \$80.00

Winter I Mini Session: 12/3-12/17, 3 weeks

Winter I Mini Session Fee: Res: \$28.00 NR: \$38.00

Winter II Session: 1/21-3/4, 6 weeks (No Class 2/18)

Winter II Session Fee: Res: \$42.00 NR: \$52.00

Min/Max: 5/10

Group Guitar

Ages: Grades 1-6

GTo5

Art Room

Classes are available for the beginner to intermediate player. Students are taught technique, basic theory, and both classic and current songs. Students must provide their own guitar. Instructor, Joe Hart, will assign a lesson time on the first day, as all students should report to the Civic at 4:00pm.

Thursday, 4:00-6:00pm

(45 minute lesson will be assigned to each student. All students should come to the first class at 4pm)

Fall Session: 9/11-11/13, 10 weeks

Fall Session Fee: Res: \$95.00 NR: \$105.00

Winter II Session: 1/8-3/5, 8 weeks (No Class 2/19)

Winter II Session Fee: Res: \$76.00 NR: \$86.00

Min/Max: 2/8



One-on-One Guitar Lessons

Ages: All

GTo6

Art Room

Looking to advance your beginning guitar playing? Then individual, private lessons are for you! Let Joe Hart's 25+ years of experience bring your playing to the next level. Any style of playing and any skill level welcome. Each class is 30 minutes in length.

Thursday, 6:00pm

Fall Session: 9/11-11/13, 10 weeks

Fall Session Fee: Res: \$200.00 NR: \$220.00

Winter II Session: 1/8-3/5, 8 weeks (No Class 2/19)

Winter II Session Fee: Res: \$160.00 NR: \$180.00



Cross-Country

Grades: K-5

CC10

Coakley Middle School

Learn to run longer and stronger! Join All-American coaches Matt and Jill Kerr in a fun and fast-paced cross-country running environment. Young athletes will navigate running on grass, up and down hills, and continue to develop a wide range of dynamic skills to enhance speed, strength, coordination and endurance. There will be more emphasis placed on running, but athletes of all abilities will find suitable activities ranging from proper warm up technique to coordinating exercises, as well as fun relays and games.

Monday, 5:00-6:00pm

Fall Session: 9/8-11/3, 8 weeks

(No class 10/13)

Fee: Res: \$56.00 NR: \$66.00

Min/Max: 10/25



F.A.S.T. Athletics DODGEBALL!

Ages: 7-12

Civic Gymnasium

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.

Friday, 4:45-5:45pm

Fall I Session: 9/12-10/10, 5 weeks **FA60**

Fall II Session: 10/17-11/21, 5 wks (No Class 10/24) **FA61**

Winter II Session: 1/9-2/6, 5 weeks

Res: \$65.00 NR: \$75.00

Min/Max: 10/20



Field Hockey

Grades: 5-8th Grade

Come join the fun of learning the game of field hockey. Athletes are taught the basic skills of field hockey. Participate in Saturday morning games during the months of September and October. It is a travel team, so we will be visiting King Phillip, Franklin & Bellingham. Each player is responsible for their travel to and from away game sites. Each player must provide their own equipment. **Please note a final practice and game schedule will be handed out on the 1st day of practice.** Instructed by Allison Penza and Allison Doliner.

Practice Dates: 9/3, 9/10, 9/18, 9/24, 10/1, 10/8, 10/17

First Game: 9/13, 9/20, 9/27, 10/4, 10/11, 10/18

Fall Session Fee: Res: \$75.00

Practice Time: 5:00-6:00pm

Game Time: 10:00am-11:00am

**FH01
NHS**



Call for Coaches!

Interested in leading a Floor Hockey team this season? All interested coaches should contact Howard Weinstein, hweinstein@norwoodma.gov, or by calling 781-762-0466.

Volunteer applications and CORI's must be completed for all interested coaches. All those interested, please contact Howard by September 19th.



Floor Hockey League

Grades: K-5

Civic Gymnasium

Get involved in this Norwood Recreation Department/ Civic Center tradition! Focus in on fun and everyone gets a chance to play! There is an eight team limit for each division, 24 teams in the league.

SEASON: December—March

K-1 (Squirts) Tuesday

Grades 2-3 (Mites) Wednesday

Grades 4-5 (Pee-Wee) Monday

Time: Varies from 3:45-6:45pm

Fees: Must show proof of residency and attend either Norwood Public Schools or St. Catherine's.

Before October 1st:

Res: \$40.00 NR: \$60.00

After October 1st:

Res: \$50.00 NR: \$70.00

Fee includes mouth guard, goggles and tee-shirt.

EQUIPMENT: All players are responsible for providing their own sticks (plastic blade- no composite sticks are permitted). Goalie equipment—mask, chest protector and leg pads must be provided by players or coaches.

FOR K-1 ONLY -REGISTRATION PROCESS

All children will register using "Any Team". All children will be drafted at random by the registration system. Players of coaches will be placed with their parent coach. If you are interested in coaching, please contact Howard Weinstein at hweinstein@norwoodma.gov.

Players in Grades 2-5: 1. Form a team, minimum of 12 players, max of 15. Mix of girls and boys. 2. Coach registers team and creates team name. 3. Children on team register.

CHILDREN WITHOUT A TEAM: It is our goal to include all children in floor hockey. Children without a team can register on or before October 1st. An autodraft will be performed to get those who wish to play on a team. Register under "ANY TEAM". We will make our best effort to place everyone. In order to ensure your child gets on a team, you must register by October 1st.



SCHOOL OF DANCE WELCOME

Our school of dance is a 30-week program that culminates in a final performance on Saturday, May 16th. Please note: **Saturday classes** do not begin until October 18th and are offered for 25 weeks.

This year, we will offer a few ways to pay:

Upfront for entire school year:

Monday -Friday Classes: \$210/30 weeks

Saturday Classes: \$175/25 weeks

OR *three payments per year (which must be done in person at the Norwood Recreation Department)*

1. Fall (by September 8th): \$70.00

Saturday Fall classes: \$35.00

2. Winter (by Thanksgiving): \$70.00

3. Spring (by President's Day): \$70.00

**** Payments for the school year must be completed on or before February 14th.**

Notifications for additional fees such as costume fees and dance attire will be sent home with your child as they become available throughout the year.

If you would like to join mid-season, permission must be attained in writing through the School of Dance Coordinator, Ms. Paula.

Classes are not held on school vacation weeks and holidays. Notifications of changes will be sent out to you through the School of Dance office.

School of Dance weekday classes begin the week of September 8th and Saturday classes begin on October 18th.

Please follow the dress code listed, per class you are enrolled.



DRESS CODE FOR PRE-SCHOOL: Plain black leotard (no attachments), pink, tan or black tights, pink CAPEZIO ballet shoes, black Baby Louie tap shoes & hair away from face tied up in bun.

Dance & Play

SD75

Ages: 3 years by September 1st

Three year olds will have a fun introduction to developing their coordination and self-expression with music, instruments and dance movement. **MUST BE POTTY TRAINED.**

Saturday, 10:00-10:45am (starts October 18th)

Fee: \$175, 25 weeks

Pre-School Ballet/Tap 1

SD45

Ages: 4 years by September 1st

A little ballet, a little tap and a little song and you're on your way to having lots of fun. Designed to develop coordination and rhythm and a love for ballet and tap. Calling all pre-school students who are 4 years by Sept 1st.

Friday, 3:15-4:00pm

Fee: \$210, 30 weeks

Pre-School Ballet/Tap 2

SD05

Ages: 4 years by September 1st

A little ballet, a little tap and a little song and you're on your way to having lots of fun. Designed to develop coordination and rhythm and a love for ballet and tap. Calling all pre-school students who are 4 years by Sept 1st.

Saturday, 11:00-11:45am (starts October 18th)

Fee: \$175, 25 weeks



DRESS CODE FOR BALLET

Plain black leotard, pink tights, Capezio pink ballet shoes, and hair in a bun.

Beginner Ballet 1 & 2*

Grades: K & 1

Beginners learn an introductory course to the art form of ballet with lots of fun for all. Come tendu, plie and sous-sous with us.

Friday, 4:00-4:45pm SD10

Saturday, 11:45am-12:30pm SD01

Fee: Friday: \$210, 30 weeks

Saturday: \$175, 25 weeks (starts October 18th)

Advanced Beginner Ballet

Grades: 1 & 2

This class offers ballet for the soon-to-be serious ballerina. Hear beautiful music and wear lovely costumes. New to dance or ballet, see Beginner Ballet.

Monday, 4:15pm-5:00pm, Grade 2 SD15

Wednesday, 4:15pm-5:00pm, Grade 1 SD16

Fee: \$210, 30 weeks

Elementary Ballet

SD20

Grades: 3 & 4

This classical ballet program will develop dance skills, grace and poise started in the primary levels. Learn beautiful posture and a chance to dream of being a lovely ballerina.

Thursday, 5:00-5:45pm

Fee: \$210, 30 weeks

Intermediate Ballet

SD25

Grades: 5*-7

Dancers will practice techniques of ballet with exercises at the barre and center floor: demonstrations of steps to classical accompaniment.

Monday, 5:00-5:45pm

Fee: \$210, 30 weeks

Pre-Pointe Advanced Ballet

SD30

Grades: 7*-Adult

Our class is for the advanced ballet dancer who dreams of dancing on pointe in the future. Classical instruction will be taught at the barre and center floor. Come dream with us. *Previous ballet experience required.

Monday, 5:45-6:45pm

Fee: \$210, 30 weeks

Irish Step

Grades: 4-Adult

Calling all Irish lads and lassies to enjoy authentic Irish Step Dancing. *All students in Irish Step must have ballet training. Hard shoe dancers need two years experience of tap or Irish Step soft shoe.

Saturday, 1:15-2:00pm (Grades 4-8) SD35

Saturday, 2:00-2:45pm (Grade 8-Adult) SD37

Fee: \$175, 25 weeks

Hip Hop 1 & 2*

Grades: 7*-Adult

Two Hip Hop classes for the pop dancer to develop jazz and the popular hip hop technique. Come on and get on the dance floor. Capezio Hip Hop Shoes required.

Wednesday, 5:00-5:45pm (Grade 7-8) SD40

Wednesday, 5:45-6:30pm (Grade 9-Adult) SD41

Fee: \$210, 30 weeks



DRESS CODE FOR TAP

Plain black leotard (no attachments), tan or black tights, Capezio black tap shoes, and hair tied up.

Beginner Tap 1 & 2**

Grades: K & 1, 5 years by 9/1

Have lots of fun when you begin to tap. Students will learn to move their feet and get that tapping beat.

Black Capezio Baby Louie taps are required.

Friday, 4:45-5:30pm SD50

Saturday, 12:30-1:15pm SD52

(Begins on October 18th)

Fee: Friday: \$210, 30 weeks

Saturday: \$175, 25 weeks

Advanced Beginner Tap 1 & 2**

Grades: 1 & 2

Tap is so much fun and popular that we now have two groups. Come learn tap technique for the soon-to-be serious tap dancers. Also see beginner tap. **Grade 2 will wear Capezio Jazz Tap shoes.**

Monday, 3:30-4:15pm (Grade 2) SD55

Wednesday, 3:30-4:15 (Grade 1) SD66

Fee: \$210, 30 weeks

Elementary Tap

SD60

Grades: 3 & 4

Let's shuffle, flap, stomp and toe heel with Capezio jazz taps. Tons of fun can happen while you improve your dancing.

Thursday, 4:15-5:00pm

Fee: \$210, 30 weeks

Intermediate Tap

SD65

Grades: *4-6

Tap is here to stay, so grab your Capezio tap shoes and come dance with us. Nine year olds need prior dance experience. *See Elementary Tap.

Tuesday, 4:15-5:00pm

Fee: \$210, 30 weeks

Advanced Tap

SD70

Grades: 6-8

These classes are for the experienced tap dancer who enjoys advanced level choreography. Proper tap technique taught with Broadway, Hollywood, and Silver Screen tap dancers' influence. Capezio black high heel taps are required.

Tuesday, 5:45-6:30pm

Fee: \$210, 30 weeks

Advanced Jazz Tap

SD71

Grades: 9-Adults

Advanced jazz tap dancers will continue to showcase their talents with lots of heart and soul. Wear Capezio jazz taps.

Thursday, 6:45-7:45pm

Fee: \$210, 30 weeks

DRESS CODE FOR JAZZ

Capezio split sole black jazz shoes, black leotard, tan or black tights.



Modern Jazz Dance

SD90

Grades: 8-Adult

Learn advanced modernistic concepts and the use of literary and pictorial expression influenced by modern American dancers such as Martha Graham and Isadora Duncan. No footwear needed.

Wednesday, 6:30-7:30pm

Fee: \$210, 30 weeks

Jr. Jazz Hop I & II**Grades: 3 & 4**

Kick, jump, turn, leap and have fun at half the age. Our very popular classes for junior jazz dancers will make you want to JUST DANCE! Ballet experience is required. See Elementary Ballet.

Tuesday, 3:30-4:15pm SD95**Thursday, 3:30-4:15pm SD96**

Fee: \$210, 30 weeks

Intermediate Jazz Hop

SD105

Grades: 5&6

Give yourself a chance, don't sit it out, come on and dance! This high-energy class with hit tunes and the latest dance steps. Ballet experience required. See Intermediate Ballet.

Tuesday, 5:00-5:45pm

Fee: \$210, 30 weeks

Advanced Jazz Dance 1

SD110

Grades: 6-8

Experienced dancers will improve their dance skills achieved in previous jazz levels. Dance experience required.

Tuesday, 6:30-7:15pm

Fee: \$210, 30 weeks

Advanced Jazz Dance 2

SD203

Grades: 9-Adult

The NRD School of Dance will be rockin the house with our Advanced Jazz for the dancer who loves to dance to the sound. Ballet training continues to be part of the Advanced Jazz class for the advanced and experienced dancer. Come dance with us!

Thursday, 5:45-6:45pm

Fee: \$210, 30 weeks

Important School of Dance Dates to Remember for the 2014-15 School of Dance Block Rehearsal

Tuesday, May 12th @NHS

Dress Rehearsal

Friday, May 15th @NHS

Dance Recital

Saturday, May 16th @NHS

Dear School of Dance Parents:

Our regular week was unavailable for the School of Dance Recital. I know the 15th is NHS Prom. We will do our best as always. Don't worry, we will work it out. Just keep on dancing! ~ Ms. Paula

**"The right shoes can change your life"**

~Boston Ballet

NORWOOD RECREATION FIT PASS

FALL/WINTER 2014-15 Schedule

OPTION 1: PAY AS YOU GO, \$10 per class

**Good option for first time trial of any fit class*

OPTION 2: 10 CLASS PASS, \$60

**Now you've only paid \$6 per class*

OPTION 3: 20 CLASS PASS, \$85.00

**This is the best option, \$4.25 per class*

OPTION 4: 20 CLASS PASS, \$40

**This is for SENIORS only! Ages 62+, must bring photo ID at time of purchase*

MEMBERSHIP/FITPASS COMBINATIONS

Enjoy unlimited use of FITPASS classes and membership entrance to our facility. Advanced registration for Spin Classes still required.

1 Month Membership/FITPASS COMBO \$35

3 Month Membership/FITPASS COMBO \$80

6 Month Membership/FITPASS COMBO \$135

Annual Membership/FITPASS COMBO \$240

The Recreation Department reserves the right to cancel or change classes without notice. Please check with instructor for planned "no class" days and **provide your email so we can quickly contact you in the event of a cancellation or change, or "LIKE" us on Facebook.**

SPIN

Monday, 6:00-7:00pm

Multipurpose Room

Wednesday, 5:30-6:30pm

Cardio workout on stationary bikes that will have you moving! Call the front desk to reserve a bike 48 hours in advance as space is limited to 10 participants per class. Can't make it after you reserve? Let us know asap, so we can have someone take your spot!

MIXED LEVEL YOGA

Monday, 5:30-6:30pm

Willett Room

Monday, 6:30-7:30pm (Men's Only)

Wednesday, 5:45-6:45pm

Great for beginners! Wear loose, comfortable clothing. Bring your own mat. All abilities welcome.

ZUMBA

Tuesday, 9:30-10:30am

Dance Studio

Thursday, 7:45-8:45pm

Zumba is the Latin-inspired, dance-fitness class that incorporates Latin and International music with easy-to-follow moves. It combines high energy and motivating music with unique moves and combinations that allow you to dance your worries away! No dance experience required to enjoy this fitness party!

BUTTS N' GUTS/BODY SCULPT COMBO

Tuesday, 5:45-6:30pm

Multipurpose Room

This class is a no fuss high energy muscle conditioning class that targets all major muscle groups with use of your own body weight and free weights. Exercises target and tone your entire core and lower body.

CARDIO POWER

Tuesday, 6:45-7:45pm

Multipurpose Room

Thursday, 6:45-7:45pm

Explosive and high-energy class that features a variety of cardio/fat burning moves. Class will include interval training using hand weights, traditional aerobics with simple patterns, kickboxing, and mat exercises for an all-around fitness program!

Bootcamp

Thursday, 5:30-6:30pm

Multipurpose Room

Aerobic conditioning, plyometrics, teamwork, muscle conditioning and more.

Senior Circuit Training

Ages: 62+

Fitness Center

Working with weights to maintain lean muscle mass as we grow older is crucial. Come learn basic fitness with a guided workout including Life Fitness circuit machines, free weights, and abdominal work.

Instructed by Joe Malinn.

Tuesday, 9:15-10:15am

Res: \$2.00 per visit

Knitting

Ages: Adult

Willett Room

Whether you are a beginner or veteran, enjoy being with your friends while learning this old art form that is a favorite pastime. Instructed by Trudy Brown.

Tuesday, 10:00am-12:00pm

Fee: Res: \$2 per visit NR: \$4 per visit

Intermediate Line Dancing

Ages: Adult

Civic Gymnasium

Each workshop starts with the basic steps and progresses from there. You will learn Hully Gully, Charleston, Polka, Cha Cha, and some country. Wear casual clothes and sneakers. Instructed by Clare Shea.

Tuesday, 1:00-2:30pm

Fee: Res: \$2 per visit NR: \$4 per visit

Chicks with Sticks

Ages: Adult

Civic Gymnasium

Come to the Civic on Wednesday nights for a friendly evening of women's floor hockey. New players always welcome, just bring your stick and mouth guard.

Wednesday, 7:00-9:00pm

Offered end of October through April
\$2 per visit

Personal Training

Ages: 16+

Fitness Center

Let us help you attain your fitness goals. Choose between trainers, Joe Malinn and Brianne McDonough, who can design a routine specifically for you to work towards the fitness goals you would like to achieve. Whether it is strength training, core conditioning, weight loss, or sports conditioning, let us help you get on a path for a healthier lifestyle. Session is one hour in length.

One Session: \$30

Learn to Lift

Ages: 16+

Fitness Center

Under direction of Joe Malinn, you will learn proper techniques of lifting, using both the free weights and machines, and have a basic approach to developing your own routine.

Wednesday, 5:15-6:15pm

Fall Session: 9/10-11/12, 10weeks

Fall Fee: \$70.00

Winter II Session: 1/7-3/4, 8 weeks (No Class 2/18)

Winter II Fee: \$56.00

Weight Lifting for the Weekend

Ages: 16+

Fitness Center

This workout is geared to be fast paced and change each week! Start the weekend off right with this high-intense routine (for intermediate to advanced). Instructed by Joe Malinn.

Friday, 5:15-6:15pm

Fall Session: 9/12-11/12, 10 weeks

Fall Fee: \$70.00

Winter II Session: 1/9-3/6, 8 weeks (No class 2/20)

Winter II Fee: \$56.00

"WHY CHOOSE TO
FAIL WHEN SUCCESS
IS AN OPTION."
- JILLIAN MICHAELS

NEW! Men's Basketball League**Ages: 18+**

Make your own team of 12 or register as a free agent, and we will find a team for you. It will be fun, but competitive. Cost covers referees, score keepers and a team shirt. Contact Niles Callanan, league coordinator, for more info at callanan.niles@yahoo.com. Must be a Norwood Resident to participate.

Every team will play a minimum of 9 games.

Tuesday, 7:00-9:00pm

9 weeks 9/16-11/25

Fee: \$85 per person, maximum of 12 people per team

**COMMUNITY RESOURCES (A-M)**

The following sports groups and organizations are unaffiliated with the Town of Norwood Recreation Department. Please contact them directly for information.

ORGANIZATION	Website or Email	Contact Name	PHONE
Boy Scouts	ocolony@scout.org		781-828-8360
Chamber of Commerce	cristoff@nvcc.com or www.cristoff@nvcc.com	Cristoff Shay	781-769-1126
Circle of Hope	www.norwoodcoh.org	Lee Kennedy	781-762-3549
Colonial Boys Corps.	jgrotwo@hotmail.com	Jim Grover	781-760-8734
Food Pantry	www.norwoodpantry.org rtaeger1@gmail.com	Ruth Taeger	781-769-0425
Girl Scouts	norwoodgirlscouts@gmail.com	Lisa Silleti	781-762-6582
Historical Committee	historicalcommission@norwoodma.gov	Don Ackerman	781-769-9755
Historical Society	www.norwoodhistoricalsociety.org		781-762-9197
League of Women's Voters	www.lwvma.org	Carol Boisen	781-769-1839
Lion's Club	www.norwoodmalions.com apfaelzer@aol.com	Arthur Pfaelzer	781-762-5455
Meals on Wheels	HESSCO Elder Services Ellis Rehab	Silvio Carreiro	781-784-4944 791-769-9061
Mom's Club of Norwood	momsclubofnorwood@yahoo.com	Katie Button	

ORGANIZATION	Website or Email	Contact Name	PHONE
Norwood Day Committee	gmiller@norwoodma.gov	Gerry Miller	781-762-0466
Norwood Alumni Association	gmiller@norwoodma.gov	Gerry Miller	781-762-0466
Norwood Jr. Women's Club	norwoodJWC@gmail.com www.norwoodJWC.org	Angela Popalo	617-827-2771
Norwood Scholarship Foundation		Marian Sullivan	781-762-0440
Retired Men's Club		Tom Tobin	781-769-2442
Rotary Club	www.norwoodrotary.org	LeRoy Kelley	781-769-3030
SNARC	www.sncarc.org	Daniel Burke	781-762-4001
Women's Community Committee	www.norwoodthriftshop.com		781-762-2991
American Legion Baseball (Ages 15-18)	www.norwoodlegionbaseball.com	Paul Samargedilis Steve Begley	781-696-5075 781-492-2446
Babe Ruth (Ages 13-15)	www.norwoodbaberuth.com		
Lacrosse-Boys (Ages 6-16)	www.norwoodlacrosse.org	Dan Carroll	781-769-3507
Lacrosse-Girls (Ages 6-16)	lwalshdesh@gmail.com	Owen Desharinis	
Little League (Ages 5-12)	info@norwoodll.com	Mike Cotter	781-389-1154
Norwood Basketball Association (Ages 6-16)	norwoodbball@aol.com or www.norwoodbasketball.com	Greg Giambanco	
Norwood Youth Cheerleading (Ages 8-15)	norwoodyouthfootballcheer.org	Jenn Rowan, Sarah Quinn	
Norwood Youth Football (Ages 8-15)	norwoodyouthfootballcheer.org	Kevin Spellman	781-769-3093
Stingrays Swim Team	www.norwoodstingrays.com norwoodstingrays@gmail.com	Jimmy Locke	
Senior Babe Ruth, (Ages 16-19)	georgebrl@norwoodlight.com	George Lally	781-762-1121
Norwood Youth Soccer (Ages 4-18)	www.norwoodsoccer.com	John Irwin	
Norwood Youth Hockey (Ages 4-18)	www.norwoodnuggets.org	Bill Naumann	781-762-1696



Fall 2014	1	2	3	4	5	6	7	8	9	10	No Class	Make-up, if needed
Monday	9/8	9/15	9/22	9/29	10/6	10/20	10/27	11/3	11/10	11/17	10/13	11/24
Tuesday	9/9	9/16	9/23	9/30	10/7	10/14	10/21	10/28	11/4	11/18	11/11	11/25
Wednesday	9/10	9/17	9/24	10/1	10/8	10/15	10/22	10/29	11/5	11/12		11/26
Thursday	9/11	9/18	9/25	10/2	10/9	10/16	10/23	10/30	11/6	11/13		11/20
Friday	9/12	9/19	9/26	10/3	10/10	10/17	10/24	10/31	11/7	11/14		11/21
Saturday	10/18	10/25	11/1	11/8	11/15							11/22

Winter 2015	1	2	3	4	5	6	7	8	No Class	Make-up,
Monday	1/5	1/12	1/26	2/2	2/9	2/23	3/2	3/9	2/16	3/16
Tuesday	1/6	1/13	1/20	1/27	2/3	2/10	2/17	3/3	2/17	3/17
Wednesday	1/7	1/14	1/21	1/28	2/4	2/11	2/25	3/4	2/18	3/11
Thursday	1/8	1/15	1/22	1/29	2/5	2/12	2/26	3/5	2/19	3/5
Friday	1/9	1/16	1/23	1/30	2/6	2/13	2/27	3/6	2/20	3/13
Saturday	1/10	1/17	1/24	1/31	2/7	2/14	2/28	3/7	2/21	3/14

Spring 2015	1	2	3	4	5	6	7	8	No Class	Make-up, if needed
Monday	3/23	3/30	4/6	4/13	4/27	5/4	5/11	5/18	4/20	TBD
Tuesday	3/24	3/31	4/7	4/14	4/28	5/5	5/12	5/19	4/21	TBD
Wednesday	3/25	4/1	4/8	4/15	4/29	5/6	5/13	5/20	4/22	TBD
Thursday	3/26	4/2	4/9	4/16	4/30	5/7	5/14	5/21	4/23	TBD
Friday	3/27	4/3	4/10	4/17	5/1	5/8	5/15	N/A	4/24	TBD
Saturday	3/21	3/28	4/4	4/11	4/18	5/2	5/9	5/16	4/25	TBD

Registration for Spring/Summer 2015 begins on Monday, March 2, 2015. At this time you can register for summer 2015! In order to register for any of our summer programs you can register online or in person on or before Friday, May 29th. As of Monday, June 1st, registration will only be accepted **in person** at the Norwood Recreation Department and all required paperwork must accompany registration.

If you register online, you still must drop off before June 1st:

- Full Enrollment packet (Which will be made available online— your online registration does not count)
- Immunization Record and current physical (within two years of camp dates accepted)
- Waiver (if needed from each sports camp)

To participate in traditional Playcamps, you must be a Norwood resident. We will offer 8, one-week sessions beginning Monday, June 22nd. Please note: all Playcamp programs abide by the Norwood Public School calendar. As of now, school is scheduled to be dismissed on Friday, June 19th. Playcamps are offered aligning to the Norwood Public School calendar. If there are any snow days or make up days, session one will be PRORATED.

Jr. Play @ Coakley— Children Entering Grades K & 1

Playcamp @ South and FM— Children Entering 2-5

Sr. Play @ South— Children Entering 6-8

Field Trip Schedule will be made available no later than June 1st. Each Thursday, Jr. Play will bring an In-House Entertainer. Sr. Play will visit Morse Pond once per week.

Norwood Police Department

137 Nahatan Street, Norwood, MA 02062

Business 781-440-5100

Records 781-440-5130 (M-F, 8am – 3 pm)

Detectives 781-440-5198

Tip Line 781-440-5181 (Anonymous)

NORWOOD POLICE DEPARTMENT

MISSION STATEMENT

The mission of the Norwood Police Department is to provide the highest level of public safety and service to Norwood's residents, visitors, and the community in general. We are committed to providing effective, competent, and considerate public safety services that will enhance the quality of life within our community and ensure that all are treated with the utmost dignity.

Anonymous Tip Line – Have information you'd like to report but want to remain anonymous? The Norwood Police Department maintains a telephone line which allows callers to leave information regarding suspected criminal activity. The number is 781-440-5151 and is completely anonymous. No attempts are made to identify the caller. All information is reviewed and referred to the appropriate division within the police department.

Child Car Seat Installation – As a service to the families of Norwood the police department has trained several officers to properly install child car seats and will install your seat free of charge. You must be a Norwood resident. Installations are done on Saturdays and by appointment only. To make an appointment, please call 781-440-5149. Appointments are limited. There is no walk-in service.

Medication Drop-off – The Norwood Police Department maintains a medication drop-off box in the main lobby of the police station. You may dispose of all expired and unwanted medications at any time. We accept prescription drugs, over-the-counter medications, vitamins, lotions, liquids in leak proof containers, and ointments. A separate adjacent receptacle has been installed in which you may now dispose of needles, syringes, and epi-pens. Items still **not accepted** include thermometers, hydrogen peroxide, aerosol cans, inhalers, and any bio-hazard waste such as bloody or infectious materials.

Visit us at: on the web: www.norwoodpolice.com
on Facebook: www.facebook.com/NorwoodPolice
on Twitter: www.twitter.com/norwoodpolice
Smart phone users: Get the free MyPD app

NORWOOD FIRE DEPARTMENT

135 Nahatan Street Norwood, MA 02062

Emergency – 911

Contact Numbers

Emergency 781-762-1313

Business 781-762-0080

Fire Prevention 8AM – 5PM

Website <http://www.norwoodma.gov>

Burning Season – Burning season begins on January 15th through May 1st. Please come down to the fire department to get your 2014 Burning Permit. The permit is free! Instructions for burning will be provided with the permit.

Fire Prevention Services - Duties and responsibilities include the enforcement of Massachusetts General Law Chapter 148 Fire Laws and 527 CMR Massachusetts Fire Regulations. The Fire Prevention Bureau performs inspections of Public Schools, Hotels, Nursing Homes, Boarding Houses, Public Buildings, and Elderly Housing Complexes. The Fire Prevention Bureau also is responsible for the permitting of the installation of Oil Burners, Sprinkler Systems, Fire Alarms, Welding Operations, Firework Displays and Aboveground/ Underground Fuel Storage, and smoke detector inspections for homes being sold.

Fire Education Services – Provides age specific fire education programs and function specific public education programs for public and private groups. Programs are based on the current N.F.P.A. Fire Education Curriculum. All groups are welcome and materials will be provided. Contact Fire Educator/FF Paul Ronco.

Ring Cutting – Free service provided to the public if a ring/jewelry is stuck on a finger and cannot be removed.

Car & House Lock Out – Locked car access provided to the public if car keys are locked in a vehicle **and** the car engine is running. Also access to residential homes if locked out.

Reminders-

Don't forget to change your clocks and change your batteries. Don't forget kitchen safety– never leave food unattended on the stove. Always practice your fire escape plan at home– have a meeting spot outside! Never use fireworks- leave it to the professionals!

Norwood Department of Public Works

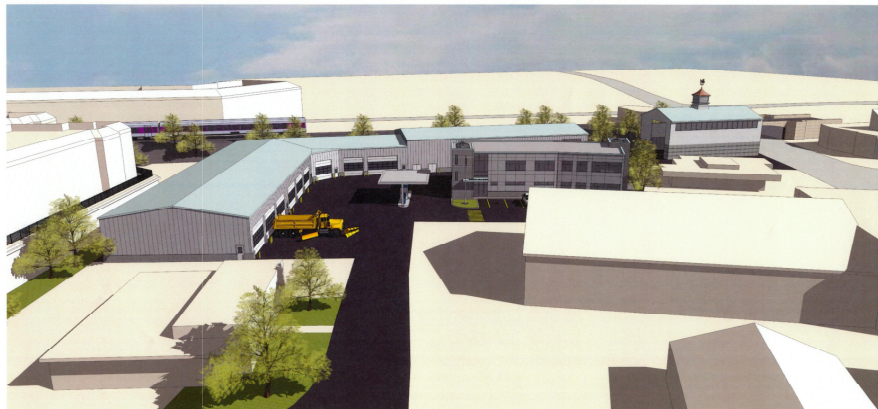
One Lyman Place Norwood, MA 02062
Phone: 781-762-1413 Fax: 781-762-9378

Curbside Trash & Recycling Pick Up– The Town of Norwood provides weekly pick-up of residential trash and bi-weekly pickup of residential recycling. All waste should be placed in the provided carts to allow for automated collection. Carts should be placed curbside by 7am on your normal trash day and must be clear from obstructions. Each ton of trash that is diverted to the recycling stream saves taxpayers \$42.

Winter Street Compost Facility– The facility is open to residents every Saturday, year-round, with the exception of two special collection days, from 10am-3:30pm. Residents can dispose of yard waste, leaves, brush, textiles, books, and bulk items. There is also compost available to residents on a seasonal basis. Residents must have a yellow sticker on their vehicle to gain access to this site. Stickers can be obtained at the DPW office (for no charge) Monday through Friday between the hours of 7am-3pm. Your vehicle registration showing proof of residency is required to obtain the permit. Fall Recycle Day will be held at the Winter Street facility on September 27, 2014 and is coordinated by the Health Dept. Please see their website for more information.

Bulk Item Disposal– Items too large to fit in a trash container are considered 'bulk items'. Residents may bring these items to Winter Street Facility for no charge, or they can be picked up curbside for a fee. Information concerning policy and complete list of items and disposal options can be found at www.norwoodma.gov by selecting Documents > Public Works > Bulk Item Disposal Options. We encourage residents to take advantage of furniture/appliance companies who offer free disposal. Also, when hiring a contractor to perform work at your home ensure that he/she is responsible for the removal and disposal of any construction debris (windows, doors, fencing, etc.).

Leaf and Brush Disposal– Leaf and brush disposal is provided weekly on your regular scheduled trash day from April through November. Residents may also dispose of these materials at the Winter Street facility every Saturday, year-round between the hours of 10am-3:30pm. Please use paper leaf bags, which are readily available at most hardware stores, for disposal.

New DPW coming July 2015!



Norwood Bank

You count.

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day Civic Closed	2	3	4 Grades 1-12 Begin	5	6
7	8 Fall Session Starts	9 State Primary Election Polls open 7am-8pm	10	11	12 Norwood Day Fireworks	13 Norwood Day!
14	15	16 Getting Paid to Talk 6:00-9:30pm	17	18	19	20
21	22 Professional Development Day	23	24	25	26 Laser Tag Night 7:30-9:30pm @ Coakley	27 Hazardous Waste Day 8am-11am Winter Street Facility
28	29	30				

October 2014



Dedham Savings

Your Bank.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 Columbus Day Civic Closed	14	15 CPR 6:00-9:30pm Last Day to Register to Vote 8am-8pm	16	17	18 Civic Opens 8:45am-4:45pm Flu Clinic 9:00am-11:00am
19	20	21	22 First Aid 6:00-9:30pm B.L.A.S.T. 1:00-4:00pm	23 Halloween Pumpkinfest & Costume Swap 3:30-5:00pm	24 Halloween Spooktacular 6:00-7:30pm	25 Lego Star Wars 9am-12pm AGD 1pm-4pm Trunk or Treat 4:00pm
26	27	28	29	30	31	



Norwood Bank
You count.


November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 State Election 7am-8pm	5	6	7	8 Pirate Party 10am-11:30am
9 Karate Show	10	11 Veteran's Day Civic Closed	12	13	14 PNO 6:00-9:00pm	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving Civic Closed	28 Thanksgiving Recess	29
30 Holiday Extravaganza						

December 2014



Dedham Savings
Your Bank.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Winter I Mini Session Starts Winter II	2	3	4 Candy Sushi 3:30-5:00pm	5 Pizza Face! 3:30-5:00pm PNO	6
7	8	9	10	11 Gingerbread House Decorating 3:30-5:00pm	12 Cute as a Cupcake 3:30-5:00pm Laser Tag	13
14	15	16	17	18 Turtle Bread Baking 3:30-5:00pm	19 Extreme Science Night	20
21	22	23 Winter Recess Starts 1/2 Day	24 Christmas Eve Civic closes at 4pm	25 Christmas Day Civic Closed	26	27
28	29 Behn Basketball 9am-12pm	30	31 New Years Eve Civic closes at 4pm			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day Civic Closed	2 Annual Town Census Dog Licenses Due Nomination Papers Due	3
4	5 Winter II Session Begins School Reopens	6	7	8	9 PNO 6:00-9:00pm	10 Kids' Yoga Party 10:00-11:30am
11	12	13	14	15	16	17
18	19 Martin Luther King Day- Civic Closed	20	21	22	23 Laser Tag 7:00-9:00pm	24 Lego Movieland 9am-12pm AGD: 1:00-4:00pm
25	26	27	28	29	30	31

February 2015



Dedham Savings
Your Bank.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Lego Learning 10:00-11:30am
8	9	10 Professional Development Day	11	12	13 5th Annual Father Daughter Dance 6:30-8:30pm	14
15	16 President's Day Civic Closed	17 Extreme Candy Workshop 10am-12pm	18 Fleece Blanket 10am-12pm	19	20 Toe Jam Puppet Band 11am-12pm	21
22	23	24	25	26	27 Laser Tag 7:00-9:00pm	28 

NORWOOD RECREATION DEPARTMENT

REGISTRATION FORM

One Form Per Participant, please

PARTICIPANT & PARENT/GUARDIAN INFORMATION:

Participant's First Name: _____ Participant's Last Name: _____

Birth Date: _____ Age: _____ Gender : M / F School: _____ Grade: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Email: _____

Allergies/Concerns: _____

Parent/Guardian Name: _____

Please check the preferred method of contacting you: ☐ Home Phone ☐ Cell Phone ☐ Work Phone

PLEASE TELL US WHAT YOU ARE SIGNING UP FOR:

Program Code: _____ Program Name: _____ Cost: _____

Program Code: _____ Program Name: _____ Cost: _____

Program Code: _____ Program Name: _____ Cost: _____

Program Code: _____ Program Name: _____ Cost: _____

Program Code: _____ Program Name: _____ Cost: _____

***Checks payable to: Town of Norwood**

TOTAL COST: \$ _____

CONSENT & RELEASE:

I, the undersigned, as legal adult or parent/guardian of a minor, do hereby consent to my/my child's participation in voluntary recreation programs with the Town of Norwood. I also agree to forever release the Town of Norwood, and all their officers, boards, committees, employees, agents, volunteers, and contract employees from any and all liability, claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Norwood's voluntary recreation programs. I affirm that I have read this Consent and Release statement and that I understand the contents. I understand that this is a legal document and that by signing it I am giving up substantial legal rights and giving up my right to sue or otherwise make a claim against the Town of Norwood. I further understand that my/my child's participation in these programs is voluntary. By signing this form, I affirm that I have decided to allow myself/my child to participate in the recreation program(s) with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I/my child may cause or sustain.

MEDICAL RELEASE: I hereby give permission to the Norwood Recreation Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for myself or my child if the need arises.

MEDIA RELEASE: I agree that pictures and video taken in connection with the program or event may be used for promotional purposes.

Participant's Signature (Parent if participant is under 18): _____ Date: _____

PLEASE MAIL OR BRING TO:

NORWOOD RECREATION DEPARTMENT

165 NAHATAN STREET NORWOOD, MA 02062

OFFICE USE ONLY

Taken by: _____ Sportsman by: _____ Filed by: _____ Cash: _____ Check #: _____ Credit Card: _____ Date: _____

Norwood is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars, and trash. In order to keep our children and parks safe, we ask that everyone visiting a Norwood park or field follow these guidelines:

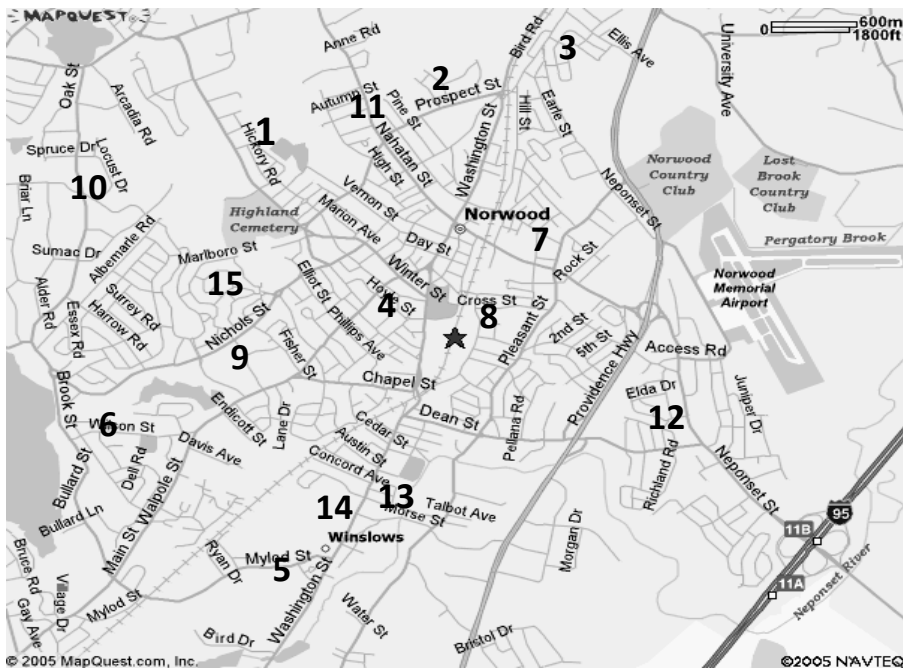
- **Pick up trash and dispose of properly.** Trash attracts bees and wild animals.
- **Trash is picked up regularly.** If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of allergies to bees.
- **Report any unsafe field conditions** immediately to a league supervisor or the Recreation Department.

Park in designated areas. If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes. *Parking in crosswalks and in front of fire hydrants is illegal and unsafe.* Be considerate of the neighbors, leaving enough room for access to driveways and do not park on their lawns.

RESERVING AN ATHLETIC FIELD

All groups requesting to use an athletic field must come down to the Civic Center and fill out a field request form. Any questions, please contact Howard Weinstein at 781-762-0466 or email hweinstein@norwoodma.gov.

DOG ORDINANCE: In order to keep our parks clean and enjoyable for all, please remember if you are a dog owner, please keep your dog on a leash and clean up after your pet. Please check park specific postings.



<div>1. Father Mac's</div> <div>295 Vernon Street</div> <div>Pool, Soccer Field, Little League Baseball, Playground</div>	<div>3. Ellis</div> <div>Corner Codman/ Cameron St.</div> <div>Baseball Field Playground Softball Soccer</div>	<div>5. Coakley Middle</div> <div>1315 Washington St</div> <div>Softball Field Rectangular Field Babe Ruth Baseball Tennis Courts</div>	<div>7. Callahan</div> <div>90 Garfield St</div> <div>Rectangle Field Tot Lot</div>	<div>9. Cleveland</div> <div>33 George Willett Pkwy</div> <div>Little League Baseball/softball Playground</div>	<div>11. Savage Cntr</div> <div>Prospect St.</div> <div>Basketball Cts</div>	<div>13. Balch</div> <div>1168 Washington</div> <div>Tot Lot Playground Basketball Courts Baseball Softball</div>
<div>2. Oldham Field</div> <div>165 Prospect St</div> <div>Little League Baseball Rectangular Field Playground</div>	<div>4. Bond Street</div> <div>Bond Street</div> <div>Tot Lot</div>	<div>6. Wilson Street</div> <div>Babe Ruth Baseball Playground</div>	<div>8. Murphy Field</div> <div>Little League Baseball Field Playground</div>	<div>10. Doherty</div> <div>Brewster Road</div> <div>Little League Field Playground</div>	<div>12. Prescott</div> <div>66 Richmond Rd</div> <div>Baseball/Softball Playground</div>	<div>14. Hawes Area</div> <div>1305 Washington</div> <div>Pool/Spray Park Playground Tennis Courts Fishing Pond</div> <div>15. Willett</div> <div>Westover Parkway</div> <div>Baseball</div>

Norwood Recreation Department

Fall & Winter 2014-2015

*Fall Session: September 8th-November 19th

Fall Registration starts Monday, August 18th

NEW! Winter I Mini Session

*December 1st-December 23rd

Winter II Session: January 5th-March 10th

Winter II Registration Starts Monday, December 1st

School of Dance is a progressive class and will run 25-30 consecutive weeks, depending on the day

*Includes Make-Up Classes & holidays, if necessary



Norwood Recreation Department Program
Guide and Community Calendar is made
possible by Sponsorship from: Norwood Bank,
Norwood Police Association, Dedham Savings
& Zammito Insurance Agency.

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